

CLAIMS:

1. A data processing device for making suggestions to a user, the device comprising a detector arranged to detect a condition pertaining to the user of said device, and presentation means for presenting to the user a suggestion to perform an activity in response to the detection of said condition, characterized in that the device comprises
5 search means arranged to automatically find media data which provide the user with directions for performing said suggested user activity, wherein said presentation means is arranged to present said found media data to the user.
- 10 2. The device of claim 1, wherein said detector is arranged to monitor user activities.
3. The device of claim 1 or 2, further comprising suggestion means arranged to autonomously generate said suggestion to perform said activity in response to the detection
15 of said condition.
4. The device of claim 1, wherein said device is arranged to enable the user to manually select and schedule a suggestion being a reminder to perform an activity.
- 20 5. The device of claim 3, wherein said suggestion means is arranged to suggest to the user to start at least one physical exercise, said search means being arranged to find media information guiding the user to perform at least one suggested physical exercise.
6. The device of claim 3, wherein said suggestion means is arranged to suggest to
25 the user a starting time for performing said suggested activity.
7. The device of claim 3, wherein said suggestion means is arranged to enable the user to manually select a starting time for performing said suggested activity.

8. The device of claim 6 or 7, wherein said presentation means is arranged to show, for a predetermined time before said starting time, a visual representation of a clock indicating at least said starting time.

5 9. The device of claim 1, wherein said search means is further arranged to obtain said media data from an external source.

10. An apparatus incorporating the device as claimed in any one of the preceding claims, the apparatus being selected from a group of a television set, video cassette recorder,
10 personal digital assistant, personal computer, portable equipment.

11. A method of making suggestions to a user, the method comprising a step of detecting a condition pertaining to the user and a step of presenting to the user a suggestion to perform an activity in response to the detection of said condition, characterized in that the
15 method comprises:

a step of automatically finding media data which provide the user with directions for performing said suggested user activity, and
a step of presenting said found media data to the user.

20 12. A computer program product enabling a programmable device, when executing said computer program product, to function as the device as defined in claim 1.